



Destination RUN
Coaching
ROAD | TRACK | TRAIL

 **Holly Lodge**
Primary School

 **UNITED KINGDOM ATHLETICS**



Holly Lodge Primary School Outdoor Athletics Club (Years 3-6)

Come and try out this club from beginners to experienced runners and for those wanting to improve fitness for team sports. Come and join us for this exciting and challenging outdoor athletics club to improve cardio fitness, speed and core skills such as agility, balance and coordination.

Dates: **Thursday** 11th September to 23rd October 2025 (**excluding 9th October**)

Time: 3.15 - 4.15pm

Where: Holly Lodge Playing field (outdoor)

What to bring: Running kit (including warm/waterproof clothing or suncream/sun hat), trainers and a drink

Cost: £48 for the half term

How to book: Contact Brian Stopher at Destination RUN for more information at brian.destrun@gmail.com

Clubs organised and run by Brian Stopher (ENGLAND ATHLETICS qualified running coach, qualified & experienced PE teacher, ex-head of secondary school PE, & former National Champion)

